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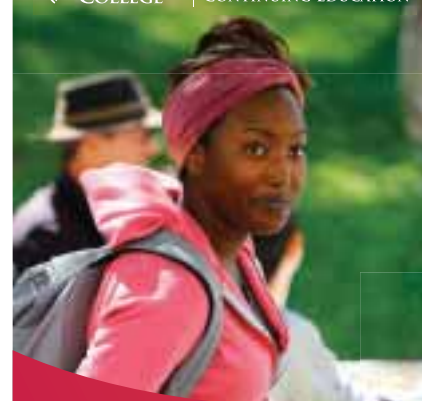
Fat Tuesday

PAGE 14



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'PEGGERS EMBRACE THE COLD

It was an eventful weekend in Winnipeg, thanks to the long weekend, Valentine's Day and even Friday the 13th. Winnipeegers embraced the cold, heading out to events such as the Tragically Hip at the MTS Centre, Mardi Gras at the RBC Convention Centre and, of course, Festival du Voyageur in St. Boniface. Pictured, a pair of warmly dressed Winnipeegers stay cool at the Festival du Voyageur, which typically sees its busiest period on Louis Riel Day, with about 8,000-10,000 people attending. TED GRANT/CHRISD.CA

Boycott Fifty Shades: MP

Film. Conservative Joy Smith says blockbuster normalizes violence against women

A Manitoba MP is calling for a boycott of Fifty Shades of Grey, claiming the film supports humiliation, degradation and the emotional and physical abuse of women.

Joy Smith, a Conservative who represents a Winnipeg-area riding, says she hasn't seen the film herself. But Smith says the depictions of bondage and sado-masochism in it encourage people to view violence against women as normal.

E.L. James, who wrote the popular Fifty Shades of Grey book trilogy, has said that whatever goes on in the books and the movie is safe and consensual.

Smith counters that she's worked for years with abuse victims and that they often agree to degrading activities out of fear or because they believe it's expected of them.

Smith says it's wrong that

the movie was launched for Valentine's Day.

"This is not love. It is not a love story. It's a story of the abuse of women," Smith said Saturday in Winnipeg.

"When this happens to women, they hurt when they get whipped. They hurt when there's violence against them."

The movie, which opened Friday, is about a college student and her torrid affair with a 27-year-old billionaire with a penchant for bondage, discipline, sadism and masochism.

Smith compared it to the 1990 movie Pretty Woman, which depicted a prostitute who meets a handsome and wealthy prince charming. She said that, in real life, it doesn't happen that way.

Smith said she's received hundreds of supportive emails since calling for the boycott. Most, she said, are from women sharing their own stories.

She said she doubts most of the women who bought the Fifty Shades of Grey book or are going to the theatres know what it's actually about before paying their admission.

THE CANADIAN PRESS

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Family of young man killed in hit-and-run call out the driver

Unsolved crime. Father says that lack of closure makes it feel like their loss is 'just being erased'



SHANE GIBSON
shane.gibson@metronews.ca

The family of a young man killed in an unsolved hit-and-run just days before Christmas is pleading for the driver to come forward to police.

Cody Joss was crossing Inkster Boulevard at McGregor Street shortly before 7 p.m. on Dec. 19 when he was hit by a dark pickup truck. Witnesses say the truck immediately took off, leaving Joss fighting for his life on the pavement.

He was rushed to hospital, where he later died.

Two months later, the 21-year-old's father said he is struggling to find closure, knowing that whoever killed his son is still out there.

"We're not a vindictive family — we learned a lot from Cody about being forgiving — but right now it feels like it's

Contact

Anyone with information should call the Central Traffic Unit at 204-986-6271.

just being erased, like it didn't happen," Kevin Joss told Metro. "But it did happen, and we need somebody to come up to the plate and 'fess up."

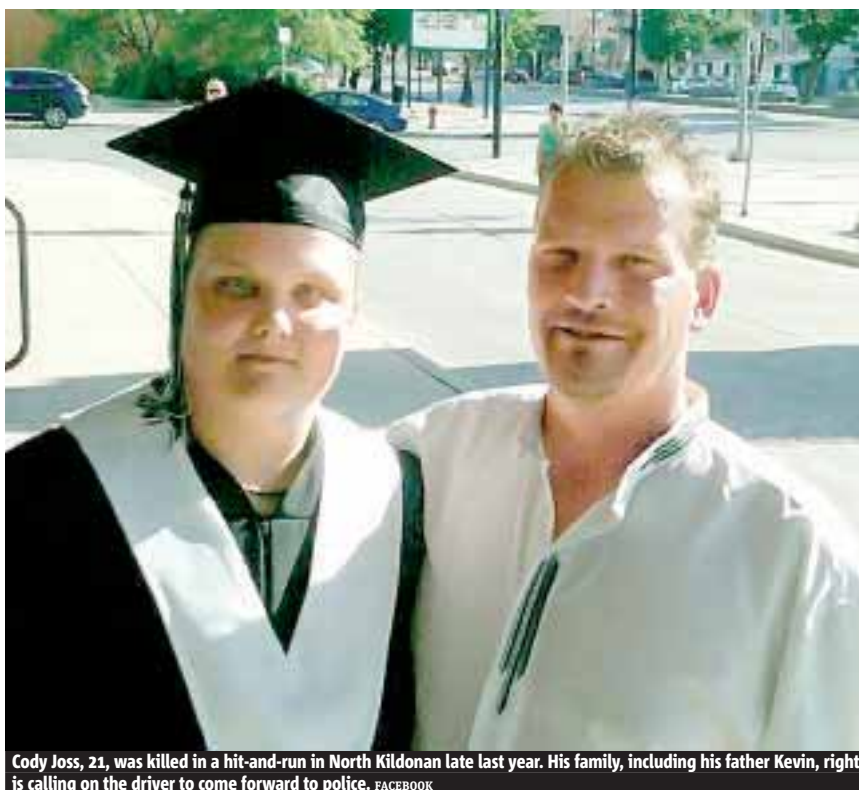
Cody lived with Attention Deficit Disorder and Asperger syndrome, challenges Joss said his son faced head on.

"Cody was a generous, caring individual who was always smiling," he said. "He was a genuinely good-hearted soul who loved everybody."

At the time of Cody's death, police said they were looking to speak to the driver of another vehicle that witnesses said drove by the scene around the time of the crash.

Joss encourages that driver and anyone else with information to call police.

"Somebody's got information; this didn't not happen," he said. "No matter how small you think your information is, it could play a big part."



Cody Joss, 21, was killed in a hit-and-run in North Kildonan late last year. His family, including his father Kevin, right, is calling on the driver to come forward to police. FACEBOOK

Manitobans on guard for boreal forests: Poll



Boreal forest beside Highway 59.
BERNICE PONTANILLA/METRO FILE

A new Probe poll shows a majority of Manitobans are in favour of better protection for the province's boreal forests.

The poll, which was done for the International Institute for Sustainable Development (IISD), found that 88 per cent of those consulted believe that at least half of the boreal forests should be protected,

with 63 per cent stating that the level of protection should be greater than half.

The support cut across Manitobans of all political stripes and demographics and showed that there's even deeper support in this province than in Ontario and Quebec, which have introduced policies to protect 50 per cent

of these forests from industrial development.

Dr. Hank Venema, chief scientist at IISD, said in a press release that the Canadian boreal forest is "the world's largest remaining intact terrestrial ecosystem."

Curtis Brown, vice-president of Probe Research, said people who back all three

major Manitoba parties back more boreal-forest protection, showing "an impressive consensus."

According to IISD, 80 per cent of Manitoba's land surface area is classified as boreal forest, a landscape that stores amounts of carbon comparable to the Amazon rainforest. BERNICE PONTANILLA/METRO

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1 NEWS

TRANSIT TUESDAY

Weekly Transit News Update



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Winnipeg Transit's Millennium Library customer service centre at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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Christophur Baur

Man accused of murder, hiding body in house

Winnipeg police say they have made an arrest in the disappearance of Christophur Baur, and a man is facing homicide charges after allegedly hiding Baur's remains in his house.

The 36-year-old Baur was last seen near the corner of Ellice Avenue and Wall Street on the evening of Jan. 3. In a Jan. 7 release, police said Baur might have been driving a red 2007 Toyota Yaris, and a few weeks ago, police spokesman Const. Eric Hofley said the car had been found parked in the front street of the 800 block of Manitoba Avenue.

Hofley said a tip from the public led police to the car but he couldn't say exactly when the car had been located or how long police believe it had been parked there.

Police said Monday that they found Baur's body the day before in a home in the 800 block of Magnus Avenue. They said Baur and a man had gone to the home on Jan. 3 when they got into a fight. The man struck Baur with a weapon, knocking him unconscious. Instead of calling an ambulance, the man instead left Baur, who later died. The man then hid Baur's body in the home.

James John Morris, 38, has been arrested and charged with second-degree murder. **METRO, WITH FILES FROM SHANE GIBSON**



Winnipeg police were at the scene of a shooting at 313 Inkster Blvd. on Sunday. ELISHA DACEY/METRO

Suspect in custody after man shot dead

Crime. 24-year-old facing second-degree murder charges

A man is dead after being shot inside a duplex over an argument on Sunday night.

Police said they were called to a two-storey duplex at 313 Inkster Blvd. at about 8:30 p.m. on Sunday. There they found the victim unresponsive, suffering from gunshot wounds. He was taken to hospital in

critical condition but later died, said police.

Meanwhile, a man fled across the street and made his way down to Aikins Street. Police apprehended the suspect a short time later in the 400 block.

On Sunday night, police taped off the house and a section of eastbound lanes near Salter Street across from the home. Several boxes covered evidence on the road.

A neighbour, who declined to give her name, told Metro on Sunday night

that she knew a man living on the bottom floor of the house and hoped he was all right.

"He's a nice man; I hope to God he's OK," she said before going back into her home.

Police escorted two witnesses, a man and a woman, from the top floor of the duplex on Sunday evening.

Police identified the accused as 24-year-old Matthew Wayne Lee Valentine. He faces charges of second-degree murder and identity theft. **ELISHA DACEY/METRO**

Four stabbed at Blue Nile nightclub

Four people are hurt after a fight broke out at the Blue Nile nightclub on Saturday morning at around 5:45 a.m.

Winnipeg police confirmed four men between the ages of 32 and 44 were taken to hospital after being stabbed at the Sargent Avenue club. One man was in critical condition, one was in unstable condition and two were stable.

Police said the fight broke out after an employee asked a group of people to leave. Instead, one person from the group produced a weapon and stabbed the employee. When his co-workers tried to help, they were also stabbed



Emergency personnel were at the scene of a multiple stabbing at the Blue Nile nightclub on Sargent Avenue on Saturday. SHAUN MCLEOD/FOR METRO

and assaulted.

Meanwhile, said police, a woman stole keys to a

black Dodge Charger and drove it up to the club so the group could get away.

However, one of the four was left behind and arrested at the scene. Police chased the stolen Charger until it crashed on Portage Avenue near the Empress Street underpass.

Mohamed Abdulle, 22, Tristen Tevone Bailey, 22, of Toronto, Tashari Carmen Edith Bennett, 25, of Mississauga, Ont., and Raheem Thomas-Stewart, 19, of Brampton, Ont., have all been charged with several offences, including attempted murder, aggravated assault and assault causing bodily harm.

All were detained in custody. **METRO**

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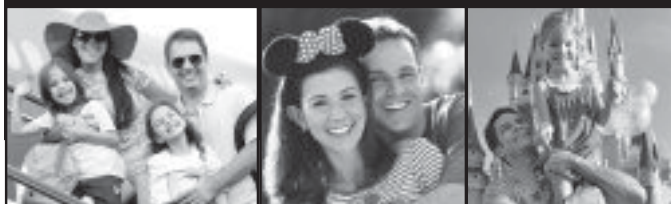
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UN. Canada gets flak for shunning Palestinians

Canada has formally opposed Palestinian attempts to join 15 different United Nations treaties and conventions — a position that puts the federal government on the wrong side of history and at odds with its citizenry, the Palestinian envoy in Ottawa says.

Canada is objecting in writing to the UN because it maintains Palestine is not a legal state. The Palestinians have formally replied to Canada's objections in writing, issuing a pointed reminder that they won non-member observer status in November 2012 at the UN General Assembly.

The dispute has sparked scathing Palestinian criticism of the Harper government's

support of Israel.

"It pains the Palestinians to know that Canada is trying to exclude us from our rightful place in the family of nations. It is awkward to see a great country like Canada relegated to the role of cheerleader for Israeli extremists at the UN," Said Hamad, the chief representative of the Palestinian delegation to Canada, said in an emailed response to questions.

"When future Canadians look back at Canada's positions during this time, they will be appalled that their country was so boldly opposed to justice and so far on the wrong side of history," he added.

THE CANADIAN PRESS

Part-time soldiers wait up to two years for severance

Nicholas Vanderplas, a former corporal and part-time member of the infantry, says he's used to shoddy paperwork in the army, but waiting nearly two years for \$4,500 in severance pay has exhausted his patience.

He is not alone.

As of last week, there was a backlog of 2,754 severance-payment cases waiting to be processed. And those part-time soldiers who are on the list now, having just left the military, face longer waits than those just a few years ago.

According to the department, it takes up to 21 months in some cases to process reservist severance claims through an old, inefficient system the Department of National Defence had promised to fix.

"I am just so disgusted with everything that's been done there," said Vanderplas, 24, of London, Ont., who quit in May 2013 after dislocating his shoulder

Quoted

"I've faced a plethora of the most horrible excuses that you can't take from any other employer."

Nicholas Vanderplas, a former corporal and part-time member of the infantry

der in a helicopter rappelling exercise, an injury that left him unable to do other training.

By comparison, members of the regular force waited 18 weeks for severance.

Former military ombudsman Pierre Daigle investigated a series of complaints in the late summer and early fall of 2013 when reservists, unlike full-time counterparts, were waiting between nine and 17 months to receive the stipulated payouts after shedding their uniforms.

THE CANADIAN PRESS



From left: Comedian Rick Mercer, director Atom Egoyan and author Michael Ondaatje. In an open letter released Monday, 250 notable Canadians — including Mercer, Egoyan, and Ondaatje — urged Prime Minister Stephen Harper to press his Egyptian counterpart on the case of jailed Canadian-Egyptian journalist Mohamed Fahmy. PHOTOS: THE CANADIAN PRESS FILE; GETTY IMAGES FILE; STR/AFP/GETTY IMAGES

Harper urged to intervene in Mohamed Fahmy's case

Open letter. 250 notable Canadians call on prime minister to press his Egyptian counterpart for journalist's deportation

A number of prominent Canadians are calling on Prime Minister Stephen Harper to intervene "personally and immediately" in the case of a Canadian journalist on trial in Egypt.

In an open letter released Monday, 250 people — including comedian Rick Mercer, filmmaker Atom Egoyan, author Michael Ondaatje and dip-

lomats Stephen Lewis — urged Harper to press his Egyptian counterpart on Mohamed Fahmy's case.

Fahmy was released on bail last Friday after spending more than a year in a Cairo prison, but he is set to return to court next week for the continuation of a retrial on terror-related charges his family has called ridiculous.

The letter to Harper calls for the prime minister to ask that Fahmy be allowed to leave Egypt under a new law that lets foreigners convicted or accused of crimes be deported.

"We the undersigned are writing to urge you to intervene personally and immediately in

the case of Canadian journalist Mohamed Fahmy, who is currently facing retrial in Egypt after 411 days of incarceration," the letter to Harper said.

"We stand in support of Mr. Fahmy along with thousands of Canadians, international human-rights organizations and global political leaders urging you to contact (Egyptian) President (Abdel Fattah) el-Sissi and request that Mr. Fahmy's deportation order be honoured."

When Harper was asked by reporters last week if he had spoken directly to the Egyptian president about Fahmy, he would say only that Canada's government has been in con-

tact with Egyptian authorities at all levels, including his level.

Fahmy and his family have criticized the Canadian government for what they see as a lack of adequate action on the case, particularly after Fahmy's Australian colleague Peter Grete was deported from Egypt two weeks ago.

Fahmy's fiancée emphasized that it's important that Canada pushes on deportation.

"It's the role of Canada now; they have to show that it's for the national interest of Egypt to deport Mohamed," Marwa Omara said. THE CANADIAN PRESS

Flip to Voices, page 9, for Stephen Kimber's column on Mohamed Fahmy



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Ukraine

Fierce battle persists for rail hub

Intense artillery exchanges between Ukrainian government forces and Russian-backed separatists persisted Monday around a strategic town in eastern Ukraine — fighting that threatens to dash a ceasefire deal brokered by European

leaders last week.

Under the ceasefire agreement negotiated by the leaders of Ukraine, Russia, Germany and France, the warring sides are to begin withdrawing heavy weapons from the front line Tuesday. That plan already looks at risk, with the rebels saying they are not satisfied that conditions are in place for the process to go ahead.

THE ASSOCIATED PRESS

Human rights

North Korea warns of strong response to meeting

North Korea says it will “strongly respond” to a conference in Washington on Tuesday about its widespread human-rights abuses and says the United States ignored Pyongyang’s offer

to attend and defend itself.

North Korea’s UN Ambassador Jang Il Hun declined to explain to reporters Monday what a strong response would be.

“The U.S. ignored our request for participation because they are afraid of disclosure of their plot,” which North Korea maintains is based on fabrications and lies, Jang said.

THE ASSOCIATED PRESS

Mali

UN hopeful about peace talks

The United Nations’ representative to Mali expressed hope for the latest round of peace talks as they began Monday between the warring factions in the country.

The talks, which first began in Algiers in September, are between Mali’s

government, separatist rebel groups based in the north and government-allied militias. They come as fighting has reignited between the rival groups — and in some cases involving UN peacekeepers.

“This meeting represents a historic chance for a lasting peace in Mali,” said Mongi Hamdi, head of the UN mission in Mali.

THE ASSOCIATED PRESS

Danish sources name slain shooter in Copenhagen attack

Denmark. 22-year-old gunman with gang connections got out of jail two weeks ago

The slain gunman behind two deadly shooting attacks in Copenhagen was released from jail just two weeks ago and might have become radicalized there last summer, a source close to the Danish terror investigation told The Associated Press on Monday.

Two Danish sources close to the investigation confirmed that the slain gunman was named Omar Abdel Hamid El-Hussein. They spoke on condition of anonymity because Copenhagen police have not named the gunman, who they said was a 22-year-old Dane with a history of violence and gang connections. Several Danish media outlets have already named him.

One source said El-Hussein had been in pre-trial detention for a long time but was released two weeks ago. He also said the corrections authority had alerted Danish security service PET last year after they noticed worrisome changes in El-Hussein’s be-

haviour last summer.

He wouldn’t give specifics but said such alerts are issued when inmates change their attitude or behaviour in a way that “sets off alarm bells.”

PET spokeswoman Lotte Holmstrup declined to comment on the report, saying, “We are working on finding out what has happened.”

PET director Jens Madsen on Sunday confirmed that the gunman was known to the agency before the week-end attacks in Copenhagen that killed two people and wounded five police officers. He said the gunman may have been inspired by last month’s terror attacks by Islamic extremists in Paris that killed 17 people but did not elaborate on when his agency began tracking him.

The news about the suspected gunman came as Danes mourned the victims of the country’s first fatal terror attacks in 30 years — and, in an unusual development, some also put flowers on the street at the spot where police killed El-Hussein. The prime ministers of Denmark and Sweden were expected to join thousands of people at memorials in Copenhagen on



Hundreds of people gather for a vigil near the cultural club in Copenhagen, Denmark, on Monday. THE ASSOCIATED PRESS

Monday evening.

While a Danish court on Monday jailed two suspected accomplices of El-Hussein’s for 10 days, Prime Minister

Helle Thorning-Schmidt insisted there were no signs the gunman had any links to a wider terror cell.

“But we will, of course, in

the coming time evaluate our fight against radicalization. We are already doing a lot,” she said.

THE ASSOCIATED PRESS

Danish terror incidents

- **2012:** Three arrested with weapons
- **2010:** Four arrested over planning shooting; man injured preparing letter bomb that exploded; three arrested for suspected planning of attack against Jyllands-Posten; man with axe broke into the home of prophet cartoonist Kurt Westergaard
- **2008:** Danish Embassy in Islamabad, Pakistan, targeted by car bomb
- **2007:** Two arrested conducting test blasts; eight arrested preparing explosives
- **2006:** Seven arrested with explosives
- **2005:** Four arrested in bomb plot
- **1985:** Algerian tourist killed by exploding bomb outside Copenhagen office of the North West Orient airline company

Egyptian warplanes strike ISIL targets in Libya

Egypt bombed ISIL militants in neighbouring Libya on Monday and called on the United States and Europe to join an international military intervention in the chaotic North African state after extremists beheaded a group of Egyptian Christians.

The airstrikes bring Egypt overtly into Libya’s turmoil, a reflection of Cairo’s increasing alarm. Egypt now faces

threats on two fronts — a growing stronghold of radicals on its western border and a militant insurgency of ISIL allies on its eastern flank in the Sinai Peninsula — as well as its own internal challenges.

ISIL weapons caches and training camps were targeted “to avenge the bloodshed and to seek retribution from the killers,” a military statement said. “Let those far and

near know that Egyptians have a shield to protect and safeguard the security of the country and a sword that cuts off terrorism.”

The announcement on state radio represents Egypt’s first public acknowledgement of military action in post-Moammar Gadhafi Libya, where there has been almost no government control.

Libya is where ISIL (the

group known as the Islamic State of Iraq and the Levant) has built up its strongest presence outside Syria and Iraq. Egyptian President Abdel-Fattah el-Sissi is lobbying Europe and the United States for a co-ordinated response similar to the coalition air campaign in those countries.

El-Sissi spoke with France’s president and Italy’s prime minister about Libya on Mon-

day and sent his foreign minister to New York to consult at the UN ahead of a terrorism conference opening Wednesday in Washington.

The bombs were dropped by U.S.-made F-16 fighter jets that left Egyptian bases for targets in the eastern Libyan city of Darna, according to Egyptian and Libyan security officials who spoke on condition of anonymity.

The strikes came hours after ISIL issued a grisly video of the beheadings of 21 Egyptian Christians, mainly young men from impoverished families who were kidnapped after travelling to Libya for work. The video shows them being marched onto what is purported to be a Libyan beach before masked militants with knives carve off their heads. THE ASSOCIATED PRESS

Candy. Cadbury urged to sell fair-trade Easter eggs

World Vision says it wants Cadbury to hop to it and bring an ethical Easter egg to Canada. The international relief and development organization says that nearly 6,000 Canadians have signed its petition urging the chocolate maker to sell its fair-trade Easter treat here.

The group has used an email campaign among its supporters and social media to share a link to the petition and encourage people to sign.

Fair trade

Fair-trade-certified cocoa ensures producers are small family farms that do not use forced or child labour and receive a guaranteed price for their harvest.

In Canada, Cadbury Dairy Milk bars are currently fair-trade certified, spokesperson Stephanie Minna Cass said.

TORSTAR NEWS SERVICE

Airlines

Checked baggage fees boost profits

Checked baggage fees are paying off for Canada's two major airlines. The charges are part of ancillary fees — which also include passenger fees for preferred seating, in-flight meals and

premium economy privileges — that airlines have tapped to boost profits.

Air Canada's ancillary revenues per passenger grew 18 per cent in the fourth quarter from a year ago. WestJet Airlines boosted its forecasted take from the fees by 11 per cent to \$100 million.

THE CANADIAN PRESS

Uber, Airbnb highlight need for regulation, report says



Washington, D.C. taxi drivers protest on Pennsylvania Avenue in June last year, bringing street traffic to a stop as they demand an end to ride-sharing services such as Uber X and Lyft. PAUL J. RICHARDS/APP/GETTY IMAGES

Sharing economy.

As companies move into new territory, governments must react quickly, warns the Mowat Centre

Companies such as Airbnb, Uber and TaskRabbit, which epitomize what's known as the sharing economy, are not going away, so governments must figure out ways to regulate them, a new report says. And that must happen quickly, before such firms become entrenched in their ways.

That's the message from the Mowat Centre, a think-tank at the University of Toronto. Mowat urges policy makers to recognize that they

must step up to protect the public interest, while also ensuring that they don't destroy innovation.

"You have a Wild West situation where people are engaging in transactions and the details haven't been thought out," said Mowat Centre policy director Sunil Johal, who co-authored the report, Policymaking for the Sharing Economy: Beyond Whack-A-Mole, with colleague Noah Zon.

Making cash by renting an apartment or doing an odd job has happened for ages. The difference today is that such activities are "at a scale that blurs the boundaries of the personal and the commercial and threatens to disrupt existing markets and regulatory models," the report says.

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CP Rail strike ends as both sides agree to resume talks

A day-old strike at Canadian Pacific Railway screeched to an unexpected halt Monday with the company and its union agreeing to binding arbitration just hours before employees were to be legislated back to work.

Labour Minister Kellie Leitch was on the verge of introducing a bill to end the dispute when she suddenly emerged from the House of Commons to reveal the two

Quoted

"A mediator will be named ... Details to come."

Teamsters Canada union, announcing on Twitter that the CP strike had ended

sides had beaten her to it.

The strike by 3,300 locomotive engineers and other CP train workers began Sunday. Leitch said the strike

could have cost the Canadian economy more than \$200 million in lost GDP every week.

Earlier, Teamsters union president Douglas Finnson had said he was disappointed by news of a back-to-work bill, calling it "premature and unnecessary."

He said the crucial issues of driver fatigue and working conditions were best settled through negotiation.

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VOICES

THE BUS STOPS HERE

Live in the suburbs? Don't expect great transit service, argues Colin Fast



YOUR RIDE
Colin Fast

Should citizens living in the suburbs be able to hop on a bus as easily as those living in other parts of the city?

That's the question facing city council, as residents in several newer developments — including Bridgwater Forest, Bridgwater Lakes, Sage Creek and South Pointe — are clamouring for additional bus service.

Last week, the infrastructure and public-works committee asked transit officials to come back in 120 days with options for improving transit service in those areas.

But if councillors are truly concerned about improving the city's overall transit system, they might be better off cutting service to the suburbs and doubling down on already popular bus routes instead.

But wait. Everyone pays taxes, so it's only fair that we all get equal transit service, right?

It's a nice thought, but distribution of city services has never been fair. Some areas have better access to police and fire services, some are close to big parks, some have giant new recreation centres and some have newer drainage infrastructure that doesn't flood basements every time it rains.

The differences between communities are supposed to be reflected in property taxes, but it's an imperfect system, and knee-jerk responses to demands for more service from new neighbourhoods isn't going to make it any better.

Ideally, Winnipeg Transit would provide frequent and fast bus service to all areas of the city. But faced with a limited budget, officials should invest where they're going to get

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the most bang for their buck.

And that's not going to be running empty buses through distant developments that were designed for cars.

Sure, that might attract a few new riders, but it's nothing compared to the increase the city would see from running more buses in older neighbourhoods with traditional grid layouts that allow for efficient transit operations.

So instead of stretching routes further — which reduces service levels for existing riders — the city should explore a longer-term strategy for improving mobility within new developments.

That could mean providing park-and-ride service to a central location, running smaller buses that take people to a major transfer point or insisting developers build more transit-friendly neighbourhoods.

There are pros and cons associated with every neighbourhood, and if someone wants to buy a new two-car garage with attached house along a meandering cove in Amber Creek Forest South, they're free to do so. They just shouldn't expect a bus to drop them off at the front door.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.



With only so much money to go around, it makes sense to concentrate transit dollars in areas where there is more demand for buses. AJ BATAK/FLICKR

All citizens, including Fahmy, should have Canada's protection



STEPHEN KIMBER
readers@metronews.ca

Canadian journalist Mohamed Fahmy sits trapped in Cairo limbo awaiting retrial next week on trumped-up charges he spread "false news" supporting Egypt's outlawed Muslim Brotherhood.

Meanwhile, his Australian colleague Peter Grete — who was convicted with Fahmy on the same charges last year — is home in Brisbane after being released Feb. 1 from what he calls the "near-death experience" of an Egyptian prison.

Why the difference? The Harper government. So suggests Fahmy himself.

Australia's prime minister, Fahmy told the CBC, spoke directly with Egyptian president Abdel el-Sissi on three occasions, pressing for Grete's release. Harper has refused to confirm whether he's spoken to el-Sissi even once.

"We should have a prime minister calling

Not sticking up for Canadians

It's not the first time the Harper government — advancing ideological agendas or simply demonstrating diplomatic deafness — has left Canadians to the un-tender mercies of foreign governments.

Sissi over the phone," Fahmy said.

Worse, he added, recently resigned foreign-affairs minister John Baird played his usual bull-in-the-diplomatic-china-shop role, insisting publicly during a visit to Cairo last month that Fahmy would not face a new trial or further punishment in Canada if released.

But that was exactly the "diplomatic cover" el-Sissi needed to justify releasing Fahmy. So, instead of following Grete out freedom's door, Fahmy now faces even more

prison time.

It's not the first time the Harper government — advancing ideological agendas or simply demonstrating diplomatic deafness — has left Canadians to the un-tender mercies of foreign governments.

Ottawa only reluctantly repatriated Canadian-born child soldier Omar Khadr — the last Western prisoner at the notorious Guantanamo detention camp — after our Supreme Court ruled this country had a "duty to protect" Khadr, whose charter rights were violated. The courts also had to force Ottawa to allow Abousfian Abdelrazik — a Sudanese-born Canadian who'd been cleared of allegations he supported al-Qaida — to return to Canada in 2009. And even though as transport minister John Baird championed the innocence of Bashir Makhtal, a Canadian sentenced to life in prison in Ethiopia for belonging to a terrorist organization, he did little as foreign minister to free him.

Why not? As Makhtal notes, his cousin "is

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a Muslim-Canadian black man sitting in prison. I hate to admit this, but this is the reality."

So, too, is the reality Canada has chosen human-rights-violating Ethiopia as a "country of focus" for our international aid. Or that we support repressive Egypt on its "aspirational journey to democracy."

Last week, Canada changed foreign ministers. Now we need to change foreign policy. All Canadians, including Mohamed Fahmy, deserve to know their country will support them when they need it most.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.



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Rita Ora, left, and Tegan & Sara (Sara Quin pictured here) will be performing at the Academy Awards on Sunday. ALL PHOTOS: GETTY IMAGES

The Academy Awards set to be a sonic affair

Preview. Oscar show looks more like the Grammys with a number of big musical acts performing

Lady Gaga. Jennifer Hudson. Common and John Legend. Adam Levine. Rita Ora. Tegan & Sara. Tim McGraw.

This isn't the lineup for an upcoming pop concert, but rather for Sunday's Academy Awards.

"We want to entertain," said Neil Meron, producing his third consecutive Oscar ceremony with Craig Zadan. "And there's no better entertainment than to do it with music."

Host Neil Patrick Harris will perform an original song by the Oscar-winning writers

behind *Let It Go*, the producers said. Called *Moving Pictures*, the musical number will set a "subliminal theme" for the evening, Meron said.

"It really is celebratory about movies and yet it's kind of cheeky in a way," he said. "But yet it has a beautiful musical motif which ... we integrate throughout the show as kind of a call-back theme."

Added Zadan: "We didn't want to do a musical number that could have been on the Tonys, or anywhere else for that matter."

"It's a multimedia musical number," he said, "something that we've not done before."

Music is part of the production pair's professional DNA, though. Meron and Zadan produced the *The Sound of Music* and *Peter Pan* live TV specials, as well as the movie musicals *Hairspray* and *Chicago*, which won the



John Legend will perform with Common at the Oscars.

best picture Oscar in 2003.

The producers said they started booking musical acts even before they learned the year's nominees. But they were delighted with the nominated original songs.

"We were smiled upon in that respect," Meron said.

A spate of stars will bring those songs to life on the Oscar stage.

Common and Legend are set to perform their song, *Glory*, from *Selma*. Levine will sing *Lost Stars* from *Begin Again*. Ora will take on Diane Warren's song from *Beyond the Lights*, *Grateful*. Tegan & Sara will join with The Lonely Island for The Lego Movie song, *Everything is Awesome*. McGraw will perform Glen Campbell's song *I'm Not Gonna Miss You*, from the documentary about his struggle with Alzheimer's, *Glen Campbell... I'll Be Me*.

The producers wouldn't say what Hudson, Gaga and other entertainers, including Jack Black and Anna Kendrick, will sing.

THE ASSOCIATED PRESS

Fashion Week

Pregnant Coco Rocha glows in NYC

Coco Rocha's baby bump has caught up with the limelight and the proud supermodel mama couldn't be happier.

The Canadian redhead beauty is attending multiple shows at this year's New York Fashion Week, posing for cameras and chatting about her spring arrival — a girl.

"I'm not hiding. I'm so excited. It took a while for the bump to show so now that it's showing, it's been fun," a beaming Rocha said.

THE ASSOCIATED PRESS



Coco Rocha THE ASSOCIATED PRESS

Gossip

Nicki Minaj and Meek Mill caught canoodling

Nicki Minaj and rapper Meek Mill were spotted sitting together courtside during the NBA All-Star game Saturday Night at Barclay's Center in Brooklyn, and again during the All-Star game at Madison Square Garden.

Are they dating? We can't say for sure, but, by the look on their faces, they look like they were having themselves a good ol' time. Love was definitely in the air.

LENYON WHITAKER/METRO IN NEW YORK

Drake reveals a darker side on LP

For as long as Drake's been around, almost everything about him — his Mr.Sensitive image, his sweater collection, his cheesy photos with various professional athletes — has been the subject of a never-ending stream of Internet memes.

Still, Drake and his talent are no joke, and the Grammy winner's surprise album, *If You're Reading This*

It's *Too Late*, dares critics to say otherwise. Released six years to the day that Drake debuted his super successful *So Far Gone* mixtape, the Toronto native's latest set finds him in a serious space, not asking for respect, but demanding it.

If the mixtape's previously released track, *6 God*, wasn't warning enough, Drake is

more confrontational these days. "Please don't speak to me like I'm that Drake from four years ago, I'm at a higher place, thinkin' they lions and tigers and bears, I go huntin'," put heads on my fireplace," he raps on *Energy*.

As usual, he's bragging about his crown (see: opening track *Legend*) but brooding over its weight (*No Tellin'*).

Compared to previous projects, though, *If You're Reading This* is darker and grittier, with a mix of lyrics and tone, that Drake, his longtime collaborator Noah '40' Shebib and crew have no doubt fashioned to match the brutal cold of Toronto, or "the 6," as they call it. (The name nods to the city's 416 and 647 area codes).

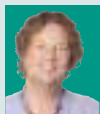
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Drake GETTY IMAGES

Music

Finding Bono



SOUND CHECK
Alan Cross
scene@metronews.ca

The man behind the counter at an Irish tourist office in central Dublin gave me a puzzled look.

"A what now walk?"

"A U2 walk. A guided tour of the U2 sites of Dublin."

He paused, looking even more confused. "Why wouldja wanna do that?"

So began my search for U2. You can walk all over Dublin for days without seeing anything that indicates the world's biggest band lives here. Sure, you can find the odd artifact. One of the Trabants used in the lighting rig for the ZooTV tour is hanging upside down in the Hard Rock Cafe. There's the graffiti on the exterior walls of U2's Windmill Lane Studios. And if you look hard in the tiny shops off Grafton Street, you might find a caricature portrait of the band selling for a couple of euros.

The band barely exists



The gates of Bono's house. ALAN CROSS

in their hometown. Walk onto the grounds on Mount Temple School and the only musical mention in sight is of an Elvis review being staged by the students. The Clarence, the hotel U2 owns in Temple Bar, bears no mark of its famous owners. The only musical thing I could find in the whole place was a miniature statue of Thin Lizzy's Phil Lynott standing next to the whiskey bottles in the Octagon Bar.

Other musicians are proudly celebrated. Rory Gallagher has a street corner named after him, with one of his guitars hanging high on a wall. There's an alley in Temple Bar with giant artistic

renderings of the Pogues, Sinéad O'Connor and the aforementioned Lynott.

But U2? Ghosts. Well, almost. You might run across "Bono is a pox" graffiti which appears randomly on walls throughout the Republic, left by people who are unhappy with U2's moves to dodge paying taxes in Ireland.

If you're a fan visiting Dublin and want to see all the U2 landmarks, best do all your homework before you boarding the plane.

I thought about asking Bono about this when I drove up to the gate of his house in the Dublin suburb of Killiney, but he didn't answer the door. Funny, that.

Murphy goes for grooves, not laughs, with reggae song

Interview. Comedian Eddie Murphy had a hit in 1985 with *Party All the Time*, 30 years later he's released a new single, *Oh Jah Jah*

Why the long wait before you released something new?

I wasn't waiting. I was just recording stuff. I stopped putting stuff out in the '80s because it was like a bunch of actors putting albums out. So I just kept writing my stuff and doing my stuff privately because I had no pressure and no expectations.

Will there be an upcoming album or collaborations?

I have collaborations with all kinds of different artists over the years. Stuff with B.B. King, I've recorded with Paul McCartney, Snoop, ... Raphael Saadiq. As far as future collaborations, that all has to come together organically. As far as an album coming out, if one of these



Eddie Murphy's new release is called *Oh Jah Jah*. GETTY

"You should put a record out because it's a good song and if they didn't know it was you, they'd like it under a different name," but, hey, these are my tracks and I'm not hiding behind any of it.

Any upcoming film projects?

I just finished a movie. It's not a comedy, though. It's called *Cook* and it's got a really strong director, the guy that directed *Driving Miss Daisy* and *Tender Mercies*, a guy named Bruce Beresford.

Any plans on returning to standup comedy?

When I was doing standup, it was a 100 comedians, now it's a 100,000 of them. So if I got onstage again, I'd have to be doing something that makes me different from all these other 100,000 comics. My fantasy when I think about live performances is a band playing a half-hour or 40 minutes of music and having the curtains go down then doing an hour of standup comedy. **THE ASSOCIATED PRESS**

tracks jumps off and I get some momentum going. I'll put an album, but I'm not planning an album until I'm sure people want to hear something.

If you were to release a reggae album, would you put it out as Eddie Murphy or would you think of a reggae name?

I've got 25 years of stuff on the shelf. I could go right now and pick six, seven, eight reggae songs and put out a reggae album. I've had people say,

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All they could do was say Geronimo

New album. Aussie band Sheppard took a leap of faith and it's paying off in big ways

EMILY LAURENCE
Metro World News in New York

It may seem like Australian band Sheppard came out of nowhere with their massive hit *Geronimo* (which has been in the Top 20 in over 20 countries and streamed more than 85 million times on Spotify), but in actuality, it's been quite a long haul.

"We wrote *Geronimo* a year-and-a-half ago now," band member George Sheppard tells us.

"It had its own legs in Australia and Europe, and now the U.S. is finally coming on board. It definitely doesn't feel like it came out of nowhere for us!"

We caught up with Sheppard to talk more about the band's album, *Bombs Away*, (out March 10) and their



Sheppard is embarking on a North American tour and getting ready to release their album on March 10. GETTY IMAGES

North American tour — some stops will also feature Meghan Trainor.

Big risks, big payoffs

Geronimo is about taking a risk in a relationship by starting things up again with an

ex, but Sheppard says it has an underlying theme of not being afraid to take chances.

"Without risks, there's no

reward, so make that leap of faith," he says. This has been somewhat of a theme for the six band members. "Being in a band in itself is taking a risk," Sheppard says. "There are no guarantees or a safety net. It's pretty risky, but we did it anyway." For his part, Sheppard never really had a plan B. "I cannot explain to you how much I loathed being at university," he says.

"(The thought of) four more years of assignments and exams got me really depressed and I just couldn't handle it."

Instead, he, and the other five members of the band — two of whom are his sisters — decided to pursue music full time.

Learning on the road

For his part, Sheppard has never looked back. "(Pursuing music) has given me the opportunity to truly express myself, see the world and meet all sorts of different people who are at the top of their field," he says.

"Sitting in the classroom

and reading lines of text, you can only learn so much, but it's when you get out there in the world and really experience it for yourself that's the real classroom. And that applies to any vocation."

Happy sad songs

That said, the next lessons the band will learn will be on the road with tour buddy Meghan Trainor.

Like Trainor, the band is known for their playful, upbeat songs, but don't be fooled by the ever-present happy melodies, some of the lyrics off the new album are actually quite sad.

"We wrote a song called *Let Me Down Easy*, which kind of started that juxtaposition of lyrics and music. We found it interesting, but didn't really think of a conscious decision to do that."

"But that seems to be what happens," Sheppard explains.

Whether they're singing about breakups or new relationships, it's still bound to be one heck of a party.

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So you want to run a marathon

Training. Now is the time to prepare for major running events happening this spring

EVA
KIS
Metro News in New York City

Pumped up from watching marathons and thinking you can conquer the course this year?

The can-do attitude is a good start, but you're going to need some guidance — not to mention encouragement.

To get started, be as scientific as possible in your training, advises Josh "Speedy" Maio, head coach of the running program at Paragon Sports in Manhat-

tan.

"Test, test, test and test again, eliminating as many variables as you can to achieve optimum results," he says.

That includes figuring out what gear, clothing materials and food is for you.

"You'll want to track your eating habits heading into, during and after your long runs so you know exactly what works for you and your body."

All that experimenting — sport is a science, after all — will help get you race-ready in body and mind.

"As you hone everything, this will help you relax a little bit because you know everything you are using and are doing for your race works," Maio says.

"It's amazing what that

Quoted

"Test, test, test and test again, eliminating as many variables as you can to achieve optimum results."

Josh "Speedy" Maio, running program coach on a key aspect of marathon training

little bit of stress relief can do for you."

We asked Maio to start the countdown to your training for the big event in 2015.

Three reasons to run with a group

Distraction: "When you are training for a marathon, you can find yourself running a lot of miles alone, and those miles can get very tough. Having people to talk to and distract your brain

from what your body has to do can make those miles just melt away without feeling half as gruelling as they can."

Focus: "We all have speed, tempo and hill workouts to do during our training cycles, and these are all things we lament having to do. Nobody likes doing them, but having a group to battle through them with makes them much more bearable and, dare I say it, pleasant."

Accountability: "The group keeps you honest. You become 'accountabilibuddies' that motivate, support and push you towards your ultimate goal."

Two ways a specialty running store can help

Expertise: "Running specialists are involved in (your local) running community and can offer advice and recommendations from personal experience."

The right fit: "Most running footwear is separated into two categories: neutral and stability. Running specialists are trained to help runners determine their gait before they choose the type of running shoes that best fits them."

Wearables do little to change behaviour

Despite their growing popularity and a burgeoning market, wearable tracking devices aren't likely to change behaviour, according to a report from the University of Pennsylvania.

A tremendous gap exists between recording data and changing behaviour, according to the team, with little evidence to say it could be bridged, or even narrowed, despite increasing popularity.

Authors Mitesh S. Patel and Kevin G. Volpp surveyed 6,223 wearable users and found that more than half of

By the numbers

50%

More than half of the 6,223 wearable users surveyed by researchers at the University of Pennsylvania had given up on their tracking device.

them had ceased to merit that title.

Of the more than 50 percent who had given up on their wearable, two thirds of them had done so within the first six months after

purchasing it.

Patel and Volpp traced these dismal stats to four categories of reasons as to why wearables are failing their customers: price, fatigue of the gadget itself, accuracy in tracking and effectiveness of data reporting methods.

Of price, the researchers say that wearables appeal to those who need them least, for their survey revealed wearable users to be of a young, high-earning demographic who described themselves as early adopters of technology.

Of the gadget itself, the

researchers say the additional steps it implies can be just too bothersome for those who may have a difficult time already.

"To save time spent syncing, charging and connecting, it could be best to stick to smartphones.

They question the accuracy of newer functions in trackers like sleep and heart rate and say devices should take a more direct approach, such as connecting to an actual medicine bottle instead of hiding dosage information in an app. AFP

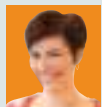


Gadget fatigue and accuracy are among reasons users abandon wearable tracking devices. ISTOCK

3 LIFE

Nutri-Bites

Pancakes for dinner — it's a Shrove thing



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Pancake Tuesday! Oh, how I loved it as a kid, and I'm sure my mom did, too — what could be easier than pancakes for supper? But why pancakes, and why on Tuesday?

Shrove Tuesday was turned into Pancake Tuesday by the Brits. Shrove comes from the word "shrive" which is a Christian process of presenting oneself for confession, penance and absolution. It is performed on the day before Lent begins (Ash Wednesday) when some pleasure must be given up for the six-week duration. Originally, that "pleasure" was any form of fat, and so became "Fat Tuesday" or Mardi (Tuesday) Gras (Fat).

And, if you are going to give something up, goes the thinking, you must gorge upon it in advance. So as not to waste, you see. Pancakes use

up all the eggs and butter, so it only makes sense that they would come to represent this holy day. (Not really, but since it's the way things are, let's make the best of it!)

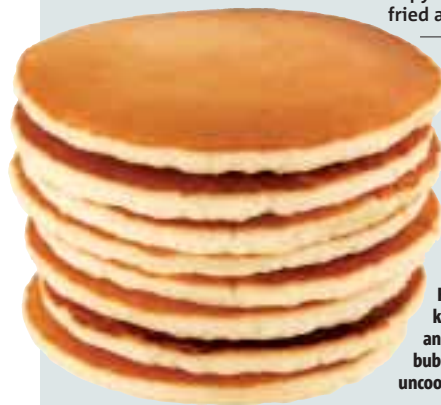
The only trick with pancakes is to make sure the batter isn't too thick and don't pour each one too large to flip. Flip once, only when you see bubbles forming on the top, uncooked side. Oh, and make amends no matter what your faith: You will feel better.

Pancakes don't have to be boring anymore. Here are some new ways to spruce them up:

- Go savoury and spread on some hummus. Then you can slip in a salad.
- Use canned pumpkin and cinnamon in your mix to bump up the vitamin A and fibre. You'll need less sweet stuff on top, too.
- Add nuts to a gluten-free pancake and be super virtuous.
- Top your pancakes with grated parmesan cheese before you flip and make a crispy foundation for fried apples.

- Top wet pancake with crunchy granola and add hemp seeds for more protein before flipping.

For perfect pancakes, keep the batter thin and flip just once when bubbles form on the uncooked side. iStock



This recipe makes four servings. Serve pancakes with fresh berries and your favourite topping. iStock

Coconut makes a pancake that's fibre-rich, yet light

Pancake Tuesday.

Easy, gluten-free protein pancakes stack up to a healthy way to celebrate the day

Coconut flour is not only gluten-free, it is high in fibre and good fat.

Despite its health benefits, you would think it would be dense and heavy like almond flour or others but it is quite light and fluffy.

Ingredients

- 2 egg whites
- 1 cup coconut flour
- 3 whole large eggs
- ¼ cup milk (or alternative)
- Pinch cinnamon
- Coconut oil for frying

It does have a vague coconut taste but that can be disguised if you are one of the few who doesn't enjoy that.

My Nutri-Bites column at left has ideas on how to dress up simple pancakes.

Directions

1. Whisk egg whites in a blender until they are fluffy and no longer liquid.
2. Gently blend in coconut flour on low.
3. Whisk whole eggs, milk and cinnamon together and blend into batter.
4. Thin with more milk one tablespoon at a time until it is the consistency of egg nog.
5. Preheat a pan over

medium high heat and add coconut oil.

6. Pour batter into pan to create 3- to 4-inch disks and cook until you see a few bubbles.
7. Flip once and remove.
8. Continue with remaining batter, wiping pan with coconut oil in between.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Muffaletta flatbread mixes Mardi Gras flavour with pizza ease

Directions

1. Heat oven to 500 F. Lightly coat 2 baking sheets with vegetable oil or cooking spray.
2. To make pesto, in a food processor combine roasted red peppers, capers, olive oil and walnuts. Pulse until finely chopped, then transfer to a bowl.
3. To make the olive salad, in the food processor (no need to clean it) combine both olive varieties, cherry peppers, pickled vegetables, garlic, pepper, Italian herbs and red pepper flakes. Pulse until roughly chopped. The pieces should be no bigger than a 1/4 inch.

4. Divide dough into 6 pieces. Stretch or roll dough into long, thin ovals, about 4x9 inches. Arrange dough on prepared baking sheets and allow to rest 10 minutes.

5. If needed, stretch out the dough ovals again. Lightly brush each piece with olive oil. Top each with alternating stripes of pesto and olive salad across the dough, then top with strips of salami and provolone. Bake 6 to 8 minutes, or until the dough is crisp and the flatbreads are lightly browned. Enjoy warm or at room temperature.

THE ASSOCIATED PRESS

Ingredients

For the red pepper pesto

- 1/2 cup roughly chopped roasted red peppers, drained and patted dry
- 1 tablespoon capers, rinsed
- 1 tablespoon olive oil, plus extra
- 2 tablespoons toasted walnuts

For the olive salad

- 1/2 cup green olives
- 1/4 cup black olives
- 1/4 cup chopped sweet cherry peppers
- 1/4 cup chopped pickled

vegetables

- 2 cloves garlic, minced
- 1/4 teaspoon ground black pepper
- 1 teaspoon dried Italian herb blend
- 1/4 teaspoon red pepper flakes

For the flatbreads

- 20-ounce ball pizza dough, room temperature
- 2 1/2 ounces sliced salami, cut into thin strips
- 3 ounces sliced provolone cheese, cut into thin strips



This recipe makes six servings. THE ASSOCIATED PRESS

Court

Arbitrator orders Armstrong pay \$10M in fraud case

An arbitration panel ordered Lance Armstrong and Tailwind Sports Corp. to pay \$10 million in a fraud dispute with a promotions company for what it called an "unparalleled pageant of international perjury, fraud and conspiracy" that covered up his use of performance-enhancing drugs.

Dallas-based SCA Promotions announced the 2-1 decision against the former cyclist when its lawyers said Monday they had asked Texas' 116th Civil District Court in Dallas to confirm the arbitration ruling, dated Feb. 4. The panel included a neutral chairman, who ruled in favour of SCA, and one person selected by each side.

Tim Herman, a lawyer for Armstrong, insisted the ruling is contrary to Texas law and predicted it will be overturned by a judge.

THE ASSOCIATED PRESS

MLB

Jason Giambi calls it a career

Jason Giambi, the American League MVP in 2000 with Oakland, says he's retiring after 20 seasons in the majors.

The slugger told the New York Daily News on Monday that he's calling it quits, ending his career as one of 20 players in history with at least 400 home runs, 1,400 RBIs, 1,200 runs and 1,300 walks. The 44-year-old played for the Athletics, New York Yankees, Colorado and Cleveland.

THE ASSOCIATED PRESS

NHL

Canadiens shut out Red Wings

Tomas Plekanec snapped a scoreless tie with 2:30 remaining and Carey Price made 25 saves in his fifth shutout of the season, propelling the Montreal Canadiens to a 2-0 victory over the Detroit Red Wings on Monday night.

Plekanec's slap shot got past Jimmy Howard for his 17th goal of the season. Max Pacioretty, who assisted on the first goal, added an empty-netter in the closing seconds.

THE ASSOCIATED PRESS



Jones faces off in battle of unbeatens at Scotties

Manitoba skip Jennifer Jones calls a shot against Newfoundland and Labrador during Monday's morning draw at the Scotties Tournament of Hearts in Moose Jaw, Sask. Winnipeg's Jones stole five points in the seventh end of a 9-3 win. Go to metronews.ca for results from Jones's extra-end evening draw with Team Canada's Rachel Homan. JONATHAN HAYWARD/THE CANADIAN PRESS

Wheeler steers Jets past Oilers in SO

NHL. Veteran winger scores the only goal of tiebreaker

Blake Wheeler scored the only goal in the shootout as the Winnipeg Jets defeated the Edmonton Oilers 5-4 on Monday.

Wheeler scored on the first shot of the tiebreaker, causing goalie Viktor Fasth to stretch out and injure himself. He left the ice and was replaced by Richard Bachman.

Michael Hutchinson stopped 18 shots in the victory and has won all four shootouts he's been in this season.

Fasth made 41 saves through regulation and overtime.

Bryan Little scored a pair of goals and added an assist



The Jets' Dustin Byfuglien steamrolls Luke Gazdic of the Oilers at the MTS Centre on Monday night. TREVOR HAGAN/THE CANADIAN PRESS

for Winnipeg, which improved its record to 30-19-10 and 4-1-0 in its past five games. Andrew Ladd also had a goal and defenceman Tyler Myers scored his first as a Jet after being acquired in a

trade last week with Buffalo. Toby Enstrom and Wheeler each had a pair of assists.

Edmonton (16-32-10) got a pair of goals from Nail Yakupov and Anton Lander. Ryan Nugent-Hopkins also scored

On Monday

5

Jets

4

Oilers

as the Oilers finished their six-game road trip 2-3-1.

Winnipeg outshot the Oilers 46-22 through regulation and overtime.

Edmonton winger Luke Gazdic left the game in the second period when Jets defenceman Dustin Byfuglien checked him hard on his left shoulder and his face hit the boards.

Jets forward Drew Stafford, also acquired in the trade with Buffalo, left the game in the third with an upper-body injury.

THE CANADIAN PRESS

4 SPORTS

AUGMENTED REALITY

Stuck on 12 Across?
**Scan this image with your
Metro News app for today's
crossword and Sudoku answers.**
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Remind yourself that what you are anxious about exists solely in your mind and cannot affect you in the world at large.

♉ Taurus

April 21 - May 21

There are times when it pays to be blunt and this is one of them. Others won't mind what kind of language you use today so long as they understand where you are coming from.

♊ Gemini

May 22 - June 21

You will need to keep a cool head today because something is going to happen that has others running in all directions and getting nowhere fast.

♋ Cancer

June 22 - July 23

Ignore your critics. The only mistake you made was letting them know what you were planning. Next time keep it to yourself. You can live without their feedback.

♌ Leo

July 24 - Aug. 23

Even if you are a bit short cash-wise at the moment the planets indicate you will make good your losses over the next few weeks.

♍ Virgo

Aug. 24 - Sept. 23

Someone you love will do something today that makes you realize there is a lot about them you still don't understand. Is that such a bad thing? It keeps your relationship interesting.

♎ Libra

Sept. 24 - Oct. 23

The Sun is about to move into the most hard-working area of your chart but that does not mean you have to do everything yourself. Spread the load over the next few days.

♏ Scorpio

Oct. 24 - Nov. 22

When dealing with people whose motives you are not entirely sure about, make certain what they say and do can't hurt you.

♐ Sagittarius

Nov. 23 - Dec. 21

Minor disagreements could get out of hand today, so promise yourself now that no matter what the provocation might be you won't rise to the bait.

♑ Capricorn

Dec. 22 - Jan. 20

You can blame other people for what has gone wrong but wouldn't it be more honest to look at your own performance first?

♒ Aquarius

Jan. 21 - Feb. 19

It's up to you what you do with your cash, of course, but surely you can find something better to spend it on, something that brings long-term benefits to you and yours.

♓ Pisces

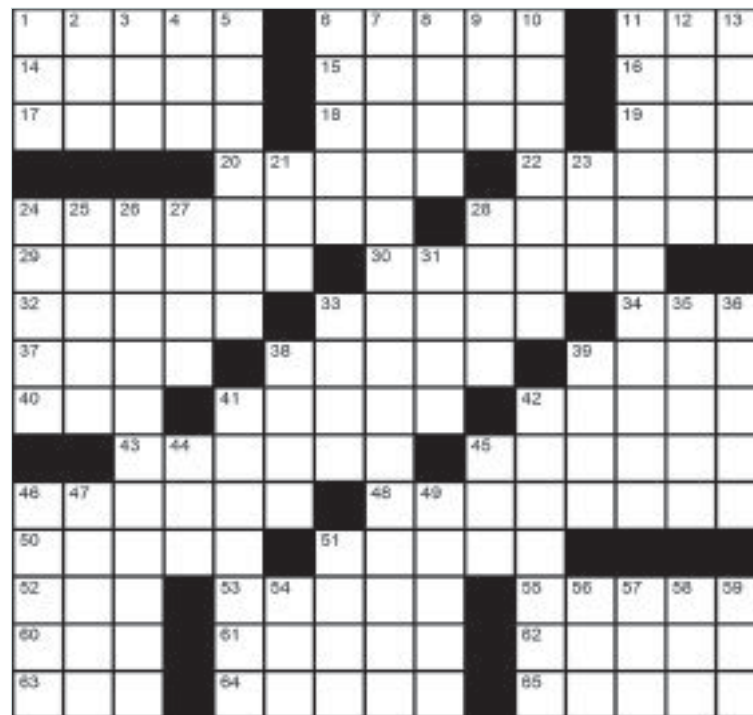
Feb. 20 - March 20

The Sun's move into your sign tomorrow will bring new challenges and new opportunities. Today, rest while you can.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Saskatchewan village an hour north of Saskatoon
6. Annul
11. Li'l loudness
14. There ___ '___' in 'Team'
15. Stage
16. Fuss
17. "___ the Moon" (1999) starring Jim Carrey
18. Raring to go
19. Society pages word
20. Academic stretches
22. Accolades
24. Bluegrass song about Tennessee: 2 wds.
28. Compares to
29. "All ___!" (Conductor's call)
30. "Oh My Darling Clementine" bit: "...dwelt ___ forty-niner..."
32. Le ___ d'Arthur (King Arthur work by Sir Thomas Malory)
33. Chills
34. Dyson, e.g.
37. Ink implements
38. Female red deer [pl.]
39. Shakespearean verb
40. Compass pt.
41. Divulges
42. Canadian actor Colm
43. Respite



45. Things growing in Quebec forests
46. Invented-in-Canada baby cereal
48. ___ de soleil (Sunglasses, in French)
50. Some seals
51. ___ -sac
52. 'I love', in Latin
53. Country singer Travis

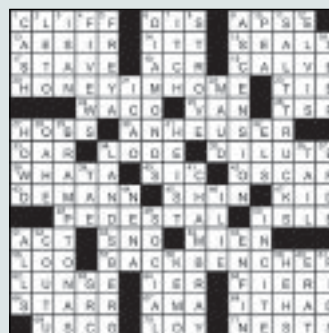
55. Old Testament figure
60. Prefix to 'political'
61. Poly's materialistic friend?
62. Music genre, ___ Contemporary
63. Western CFL'er, e.g.
64. Mikhail Gorbachev's late wife

65. Dependent
- Down**
1. Boundary, briefly
2. Conductor, ___-Pekka Salonen
3. Heart singer Ms. Wilson
4. Jack of "Barney Miller"
5. Wings' bagpipes hit: "Mull of ___"

6. 'Dum spiro, ___' = 'While I breathe, I hope' in Latin
7. Bubbly glasses: 2 wds.
8. ___ to riches
9. Peer Gynt's mother
10. "Blue Suede Shoes" by Carl ___
11. Toronto-born actress Laura ___ of

- "Bitten" on Space
12. Ancient theatre
13. Windblown silt deposit
21. Flight-leaving info
23. What Tiny Tim played, commonly
24. Highway exits
25. Some woodwinds
26. Newfoundland city: 2 wds.
27. Kit ___ (Some chocolate treats)
28. Untruths
31. Mires
33. River of northern England
35. Bruce Cockburn's "If ___ Falls"
36. Game with Knights
38. Corey of "The Lost Boys" (1987)
39. Money owed
41. Boisterously boast
42. Actor/narrator Morgan
44. Rock supergr.
45. Certain conjunction
46. Suffix meaning 'a thing that devours'
47. Actor, Willie ___
49. Prefix to 'violet'
51. NY Mets ballpark, ___ Field
54. Cape Town's home [acronym]
56. Provincial song: "___ to Newfoundland"
57. Litigate
58. Long ago time
59. Pen

Friday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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"IT WORKS! I'LL TAKE ANOTHER TWO BOTTLES PLEASE!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries.

This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource™, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian.

Before trying LeafSource™, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies

she had tried over the years, the pain would never fully go away.

"She returned to my store, in tears, less than one week after buying LeafSource™. I didn't know what to think of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource™ her pain started to disappear and within a week it was completely gone-as if it was never there."

Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."

By now you are probably wondering what is LeafSource™ and why is it so effective? LeafSource™ is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research.

LeafSource™ helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems - often called osteoarthritis.

This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource™ seems to have the ability to help people get their mobility back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e.

NSAIDs) with multiple side effects. These range from nausea vomiting to serious intestinal disorders (bleeding, gas, pain) and kidney and liver failure. Isn't that too large a price to pay for a pain relief? LeafSource™ is a alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed LeafSource™ is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day.

Typical maintenance is usually 1 capsule twice daily.



This product gets results! LeafSource™ is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results!

It's almost as if they have become supercharged! LeafSource™ has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy?

It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource™ be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource™ is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource™ 100%! That alone should be enough to try this incredible product."



LeafSource™ is a 100% organic, sea bed deposit filled with a multitude of nutrients leftover from the Cretaceous Period. 100 Million years in the making and backed by more than a decade of research, these vital nutrients are the science behind LeafSource™, which has been shown to help with:

**Reduced Joint Pain • Immune Modulator • Improved Hair, Skin & Nails
Detoxification • Enhance your Digestive System • Prevent Bone Loss
• Increased Energy and much more!**



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PRESENTATIONS & MINI-LECTURES (Lockhart Hall)

- Presentations and mini-lectures are your opportunity to explore your interests and ask questions that can help you to find your path to university and your future program of study.

CAMPUS TOURS (Duckworth Centre)

- Take a tour of the growing UWinnipeg campus. Main campus, Richardson College for the Environment & Science Complex, Buhler Centre, AnX, and the NEW Health & RecPlex.



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